Fitness & Sports



Photo by SSgt. Valerie Weaver

The air up there

SSgt. George Watson, 493rd FS goes for two while SrA. Robert Lopez looks on. The 493rd won against the 48th Dental Squadron, 63 - 59.

Sports Shorts

Traveling baseball, softball

Tryouts for the 1997 youths traveling baseball and softball teams are at RAF Feltwell. All youths between the ages of 13-18 are eligible to tryout. The softball team is only for girls. Practice times are March 8-9 a.m. -4 p.m. and March 9-1 -4 p.m. Tryout times are March 15-9 a.m. -4 p.m.; and March 16-1 -4 p.m.

For more information, call 89-2990 or Ext. 3735.

In-line hockey

The RAFs Lakenheath and Mildenhall

youth centers sponsor an in-line hockey coaches teaching clinic at 5:30 p.m. Monday. The clinic covers rules, safety, bylaws and more. For more information, call Karl Pfoor at Ext. 3735.

Registration is underway for in-line hockey for youth ages 5 - 18. The season begins March 15. For more information, call Ext. 3180 or 89-2990.

Golf pro shop specials

The golf pro shop sponsors a Valentine's sale through Feb. 15. Call Ext. 2223 for details.

Water safety instructor training

The swimming pool offers water-safety-instructor training beginning Tuesday. Classes are from 6 - 9 p.m. Tuesdays and Thursday. Students must be 17 years old or over and must pass a swimming test. Call Ext. 2815 for details.

Valentine's racquetball tournament

The fitness and sports center sponsors a Valentine's racquetball tournament Feb. 14 - 16. T-shirts are given to participants and prizes to winners. Sign up by Feb. 11. Call Ext. 3607 for details.

New skate night

People 13 and over can skate from 7 - 11 p.m. Fridays beginning Feb. 7. Cost is \$3 per person and \$1 extra for skate rental. For more information, call Ext. 1627.

Sports training camps

People applying for Air Force sports training camps held March 20 - April 5 at Peterson AFB, Colo. and Pope AFB, N.C. should submit their AF Form 303 to staff at the fitness and sports center. For more information, call Ext. 2391.

Coaches certification clinics

The youth center sports program sponsors a coaches certification clinic Feb. 27 and March 3 at 5:30 p.m. All coaches must attend this clinic. For details, call Ext. 3180.

Aero club 2-for-10 special

The aero club offers a two-for-10 special through March. When members fly 10 hours in one month, they get two hours free. Stop by the aero club to pick up punch cards or call Ext. 3152 for details.

Basketball all-star day

The fitness and sports center sponsors an intramural-basketball all-star day Feb. 22. The day includes the intramural championship game and the over 30's championship game. There is also a three-point shoot-out and a slam-dunk contest. For details, call Ext. 2391.

Intramural Standings

Standings as of Monday

Intramural winter darts

Team	W	L
EMS	34	11
DECA	32	13
TRANS	28	17
OSS	. 20	25
CES	. 16	20
SPS	. 13	32
PANTHERS	. 10	26
SUPPLY	9	18

Intramural basketball Monday-Wednesday-Friday division

Team	W	
48 EMS	16	6
CRS 1	14	6
SPS BADGERS	10	6
492 FS	10	7
48 CES	9	9
48 TRANS	7	10
HOSPITAI	6	11

Intramural basketball Tuesday-Thursday division

Team	W	L				
48 SPS 1	19	3				
493 FS	16	5				
48 DENTAL	15	4				
SUPPLY 1	12	11				
494 PANTHERS	10	9				

Over 30's basketball

Team	W	L
48 SPS	12	1
48 HOSP	11	3
48 OSS	11	3
48 CES	10	5
48 EMS		7
DSTS	6	9
	6	
SUPPLY 1	4	11
SUPPLY 2	2	13

Swimming lessons begin

The swimming pool offers lessons for children and adults. Registration for the children's lessons is through Tuesday, with classes beginning Wednesday. Adult classes are from 8 - 9 p.m. Tuesdays and Thursdays. Call Ext. 2815 for more information.

Liberty Lanes' 30-game offer

Liberty Lanes offers a Winter Wonderful 30-game punch card for \$25. The cards are valid until March 31 and may be used any time. Call Ext. 2108 for details.

Tae Kwon Do

The community activities center offers Tae Kwon Do classes from 11 a.m. - 1 p.m. Sundays. Cost is \$25 for four sessions. For details, call Ext. 2221.

Skating rink activities

The skating rink books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. Call Ext. 1627 for more information.